

CONCEPT OF HOMOEOPATHIC RESEARCH AND SOME OF ITS PRACTICAL HINTS

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Introduction

Research principally relates to the idea of perfecting the knowledge, depending on the investigation or experimentation of things. Scientific research either in physics or in chemistry or in medicine, needs guidance from experienced investigators, in case, the same is not available, one has to go through the slow process of trial and error.

The truth in science is always relative, never absolute or final. In Biological science, the truth lies with the fact that "All parts of a living body are inter-related; they can act only in so far as they act altogether; trying to separate one from the whole, means the entire change in its essence".

Evolution of medical science with regard to elementary surgery and pharmacology dates as far back as 2500 B.C. The Mystic Theories of 'Aristotle' and 'Galen' lingered on for a very long period and the same was broken by 'Andreas Vesalius' (in the period between 1514 to 1563) who established accurate description of anatomy by personal observations, and by Harvey (in the period between 1578 to 1657), who established the possibilities of investigating the functions of organs by scientific methods. Francisco Redi (1628-1679) made the first attempts to examine the question of spontaneous generation of life in the modern scientific manner; but this notion had to be abandoned before the germ theory of disease could be developed. Later on, an English priest Needham (1731-1781) claimed that there is a vital force in air which is responsible for spontaneous generation of life. Still later, Lazzaro Spallanzani (1729-1799) proved that even tiny Microbes had to have parents.

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Methods of Research

For the successful pursuit of research, an original idea evolves through "INTUITION", and its elaboration is subject to "RATIONAL ANALYSIS/REASON", Scientific method essentially consists of four parts:

1. *Observation*—for the selection of problem,
2. *Hypothesis*—derived from facts and imaginations,
3. *Experimentation*—with specified methods for adaptation, design, results and their interpretation, statistical evaluations etc.
4. *Induction*—for communication and references etc.

Methods are the integral parts of the discipline of research. The quality of method used in any work generally reflects the overall quality of scientific work. The good method and meticulousness in the use of method can make us to develop the various faculties required for the research and is also responsible for many important discoveries. The choice of method depends upon the objective of the investigation. Accuracy is established directly with the efforts applied and the particular method adopted.

The idea of functioning of various research organisation, is certainly not just to run the general O.P.D or I.P.D. for the sake of medical aid to the ailing people, it is supposed to serve the same purpose as only a by way of research. But it must be realised in depth by all research workers that they should have certain fixed aims and objectives for running their O.P.D. and/or I.P.D., and that is, for the sake of collecting (or choosing) suitable or useful material from the many and varied types of patients for their research purposes, for which they are engaged with.

The various aspects of homoeopathic research may be spelt out in the following manner:

- a) To explain certain observations which are hitherto kept unexplained;
- b) To verify certain facts which are available in our Homoeopathic literature but the contents of which are not statistically evaluated as yet;
- c) To find out certain truths which are yet remaining hidden or considered as Myths;
- d) To dig out some new things, some new facts which are yet at Hypothetical stages;
- e) To clinically verify and identify those signs/symptoms which are not available in the pathogenesis of the drugs;
- f) To put on trial various indigenous and folklores, as well as many lesser known or partially known drugs, in order to widen their pathogenetic as well as therapeutic ranges;
- g) To establish the correlation between the known pathogenesis of various Homoeopathic drugs and the signs/symptoms syndrome (including latest investigational findings) of various disease entities, with particular reference to their manifestations on various individual patients, or otherwise to find out the peculiar, uncommon characteristics related with various individuals which are responsible to modify the pathognomonic conditions of the particular disease entity; and in the process, to identify the various characteristics in pathogenesis which are matching or corroborative with the particular set of signs/symptoms found in the individual;
- h) To find out various sets (or series) of signs/symptoms syndrome of a particular disease which respond effectively to different Homoeopathic drugs or to a particular drug;
- i) To substantiate the use of various potencies of a drug found useful in certain conditions of various disease entities;
- j) To study various epidemics in respect of
 - i) identifying the exact manifestations of the disease picture upon large number of population in the area;
 - ii) finding out the Genus epidemicus/Prophylactics or probable effective drug/drugs for the epidemic concerned.
- k) To justify the administration of Homoeopathic drugs in respect of their effectivity, against various disease conditions with particular reference to:
 - their cure or recovery or relief,
 - their shortening the acute phase or decreasing the frequency or intensity,
 - check their chronicity,
 - overcome the usual sequelae of the disease,

- denote if any ill or side effects crop up or not,
- l) To study the so called prophylactic effects of various homoeopathic drugs against certain infections or epidemic diseases and to establish their authenticity; also to widen the range of such prophylactic drugs;
- m) To take up the challenging task of rendering successful homoeopathic aid to those disease entities which are not amenable to the other existing systems of treatment; and
- n) To carry on trial in respect of the effects of the drug upon animals or upon its organs or tissues, to the extent it creates some noticeable dent on the same, which is not possible through Hahnemannian method of drug proving on healthy human being because the Homoeopathic principle does not permit to cause any damage to the whole or on the part of the human economy during such trial.

Now, while conducting such research work it would be a great endeavour to see that the research reports become meaningfully defined and with numerical values of facts (not keeping these limited to qualitative and intuitive only), through necessary endorsement of certain acceptable standards; this could bring forth the need of statistical evaluation of our research reports; and there lies the importance of biostatistics and collaborative studies between homoeopathic investigations and statistical evaluations and hence the urgent need of the proper planning and designing in advance of any research project to be taken up. The design and planning should be so made that the conclusion of the study/trial may be valid in order to satisfy critics in the field with stronger evidences. It is a fact that trials are conducted comparatively on a small number of units in the population (statistical population) but the same should be similar enough to react under identical conditions; with the innumerable variations in human diseases related with social, economical, atmospheric, diet, occupation, psychological factors etc. (which again are neither static nor eternal), there may crop up a lot of irrelevant forces to modify the trial/experimental study, hence there occurs the need of animal experimentation, (in order to observe and justify certain useful data for various research disciplines in Homoeopathy).

Since, most human diseases cannot be reproduced in experimental animals, clinical confirmation/verification on man himself are necessary for observing the natural history of certain disease process hitherto not known.

The planning and designing of any Homoeopathic research project should consist of the following:

- 1) To identify the exact object of study/trial in the research project viz. i) the effect of certain

Such observation of a modern school or allopathically oriented scientist, falls in line with our Homoeopathic Philosophy (*Similia Similibus Curenter*) and with this, we may infer that such drug need be experimented on animals in large scale so that the toxic and semitoxic effects may be ascertained for further progress in Homoeopathic research. Accidental discoveries are not uncommon in Homoeopathic practice, and hence research oriented results may be evolved even from a general O.P.D. and I.P.D. by a keen and experienced physician.

Now for the Clinical Research aspect, the initial case taking and periodical follow up etc. must be elaborately and meaningfully done, with regard to various requisites as enunciated by our master C.F.S. Hahnemann in his *Organon* so that each and every bit of our field work is utilised properly and is saved from junk disposal.

Readers may agree with me that often to one's utter surprise Homoeo Physicians are able to click upon some uncommon peculiar characteristics for selecting the right medicine (*Similimum*) and thereby the recovery/cure of the long drawn ailments is miraculously effected, saving our time and energy from painstaking detail procedures of case recording and follow up etc. This whole phenomenon looks like unbelievable, but yet it often becomes a factual truth proving that how important this factor of uncommon and peculiar characteristics is. It may thus be impressed upon all concerned, whether in CGHS or in other OPD/IPDs, (run by individuals or by social or by Government organisations) that cases as are observed to be effectively responded either through some detection of peculiar and uncommon characteristics or by detection of conceptual totality of the sign/symptoms and those of the concerned drug pictures being similar to each other may always be recorded in order to establish

the facts of such recovery or not, and the underlying reasons thereof, for future references in the process of research evaluation.

Homoeopathy is that science and art, which depends upon natural laws (which governs the world) and upon certain fixed principles i.e. Doctrine of Vital Force or Vital Principle, Doctrine of Dynamisation, Doctrine of Individualisation and the particular mode of cure i.e. *Similia Similibus Curenter* (likes are cured by likes). Now, for any sort of research and development programme in homoeopathy and while implementing any such plan and design, the same laws, the same doctrines and the same method of cure should always be adhered to; and these would be prerequisite for all of our research programme we undertake in homoeopathic field. Last but not the least it may be desirable as a general principle that a Scientist or Research worker must employ his two mental faculties distinctly and independently i.e. INTUITION & REASON which is conditioned through—

- Close attention to the problem under study,
- Freedom from other distracting problems,
- Relaxation of the mind,
- Curiosity,
- Imagination,
- Scepticism, and
- Self confidence.

I am ending my paper with a popular saying of Confucius that "Learning without thinking is useless and thinking without learning is dangerous".

References

1. Practical aspects of Medical Research
— by H. S. Sodhi and M. M. S. Ahuja
2. *Organon of Medicine*
— by C.F.S. Hahnemann
3. Daily Statesman (Delhi Edition) dated 28th Feb., 83.

"Science is nothing but developed perception, integrated intent, common sense rounded out and minutely articulated".

George Santayana
